

Alouette jail's last baby



Jordynn's mother was a killer — that made the province nervous enough to shut down a program that worked **PART 2**

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Your essential daily news | WEDNESDAY, DECEMBER 2, 2015

High 0°C/Low -6°C Sunny

Details of sexual attack come out

COURT

One assaulter gives guilty plea, awaits sentencing in 2016

She started the night eating dinner with her family before going out to celebrate the completion of her midterms with friends.

But the 16-year-old ended up beaten, stomped on, sexually assaulted and tossed in the city's frigid Assiniboine River. She dragged herself from the water only to be beaten unconscious with a hammer and left to freeze to death on the riverbank.

When she was found partially clad early the next morning, her body temperature had dropped to 25C, more than 10 degrees below normal. The homicide unit was called in to investigate, because officers were sure she would die.

As she was being warmed in hospital, she went into cardiac arrest for 45 minutes. She was revived, only to lapse into cardiac arrest again. When she awoke briefly, she began flailing her arms around as if she was still fending off the attack.

The teen miraculously survived. On Monday, one of her attackers, 21-year-old Justin Hudson, pleaded guilty

to two counts of aggravated sexual assault on the teen and another victim who was attacked later that same night in November 2014. Charges of attempted murder were stayed.

The agreed statement of facts says how Hudson and his co-accused, who was 17 at the time, were out celebrating the younger boy's birthday and planned to break into some cars.

It says they happened upon the 16-year-old girl who had been separated from her friends.

Court was told the two males took her under a downtown bridge where they planned to rob her, but once there, she came under attack from both men.

"She tried to fight back but was taken to the ground and stomped on in the upper body and head area," Crown attorney Debbie Buors said in court.

After taking turns sexually assaulting her and beating her unconscious, Buors said the accused took the girl's phone, iPod, jacket and running shoes, leaving her for dead.

Court heard how the two then went on to encounter a 23-year-old woman, luring her into a downtown alley and hitting her in the face with a bat.

Hudson is expected to be sentenced early next year. THE CANADIAN PRESS



MEG CRANE/FOR METRO

RECORD-BREAKING ANGELS

Winnipeg has a new Guinness World Record **metroNEWS**



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Floyd Wiebe's mission began after his son was murdered in 2003. ELISHA DACEY/METRO FILE

OBITUARY

Floyd Wiebe, 61, fought drugs, gangs

A relentless advocate, who worked to keep youth from becoming embroiled in drugs and gang life, has died.

Floyd Wiebe's goal was to promote gang- and drug-free lifestyles among youth. He died Monday night at age 61, after suffering a heart attack.

Wiebe's son, TJ, was murdered in 2003, and Wiebe used the tragedy to launch TJ's Gift Foundation, an organization that provides financial assistance to students in peer-led drug abuse education programs.

Wiebe ran the foundation with his wife Karen, and had many other community credits to his name.

He was on the board of the John Howard Society, and was also a member of the Organization of Victim Assistance, an executive of the Gang Action Interagency Network and the executive director of Gang

8,000

The estimated number of text messages Floyd Wiebe answered every month, in his tireless fight to keep young people clean and safe.

Awareness for Parents (GAP) Manitoba.

In 2013, Wiebe was involved in drafting the Canadian Victims Bill of Rights.

He also spoke at schools about drug awareness and gave youth his cellphone number so he could answer their questions via text.

Wiebe said through those text conversations, he stopped some people from trying drugs and answered as many as 8,000 texts a month.

MEG CRANE/FOR METRO

War against AIDS has come a long way

HEALTH

Survivor from 1980s recalls horrors of uncertainty

Meg Crane
For Metro | Winnipeg

For Winnipeg resident Jim Kane, the waiting was the worst part.

Kane was diagnosed with HIV in 1986 and said the two weeks between the test and the results were the longest of his life.

"I felt like a plane in a holding pattern that was landing in an airport," he recalled.

"Going around and around. And your head was going around and around, thinking about things but not knowing whether you were going to land or crash."

World AIDS Day was noted on Tuesday, and the message local organizers want to send is that testing today is fast, thanks to a test that gives results in just a few minutes.

Back in the 1980s, Kane said testing positive was a death sentence.

"If anybody would have told me when I was diagnosed that I'd be collecting Canada Pension Plan and CN retirement, I never would have believed



Jim Kane says being diagnosed is no longer a death sentence. MEG CRANE/FOR METRO

it," said Kane.

On World AIDS Day, he said he thinks about how lucky he is to be alive and starts the day every year by lighting a candle in remembrance of those who died.

"We were, quite frankly, guinea pigs. The medical community didn't know what worked and what didn't," said Kane.

There were clinical drug

trials that had many side effects, he said.

"Because of the bravery of those before me who went on some of these clinical drug

trials, there's an opportunity for anybody who's diagnosed today to live a longer, healthy and more productive life," said Kane.



We were, quite frankly, guinea pigs. The medical community didn't know what worked and what didn't.

Jim Kane, on the early days of HIV treatment

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Cracking down on impaired drivers

TRANSIT LAWS

Province steps up punishments with the Safer Roads Act

Evan Matthews
For Metro | Winnipeg

Manitoba's Safer Roads Act is now in effect and will see harsher punishment for impaired and distracted motorists.

The law, introduced last June, increases the length of licence suspension to three days for first-time offenders who have a blood-alcohol level between 0.05-0.08.

If a child is in the vehicle at the time of the Breathalyzer, licence suspension will last a week.

"We've seen a steady decline in fatalities due to impaired driving (in the last 10 years), but we're not at zero and that's where we need to go," said Attorney General Gord Mackintosh.

Those found guilty of impaired or distracted driving will see fines rise as high as \$3,200, accompanied by five demerits.

The new law also makes par-



Melanie Bodnarchuk said strong messages are needed to prevent people from drunk driving. EVAN MATTHEWS/FOR METRO

icipation of convicted impaired drivers in Manitoba's ignition interlock program mandatory, whereas before a person could

prolong licence reinstatement for one year to avoid the program.

Melanie Bodnarchuk, president of MADD's Winnipeg chapter, lost her nephew to a drunk driver in 2010.

Though nothing will bring back her nephew, she said the law is a positive step. "I think this sends a strong message... It will affect your life and your family, not just the person you injure or kill," said Bodnarchuk.

235

Manitoba Public Insurance said impaired and distracted driving contributed to the death of 235 Manitobans between 2010-2014.

IN BRIEF

No more kids in hotels: Family Services Minister

Child welfare agencies in Manitoba have met a deadline to end the practice of housing youths in hotels, the provincial government announced Monday. Family Services Minister Kerri Irvin-Ross said Manitoba Child and Family Services agencies in all areas of the province have found "more appropriate" housing for children in care.

The province added 55 emergency shelter beds and 114 emergency foster beds throughout Manitoba since April 1, said Irvin-Ross.

CTV WINNIPEG

NDP promises tax cut, but won't rule out other hikes

Manitoba Finance Minister Greg Dewar is promising a small business tax cut, but won't rule out increasing other taxes as the govern-

ment tries to end a string of deficits. Dewar says the government has "no intention" of raising the provincial sales tax again.

But Dewar left the door open when asked if other taxes might be increased in next year's budget. "We're reviewing all of that. Obviously, last year for example, we did raise the tobacco tax... we're reviewing all of our options," Dewar said. THE CANADIAN PRESS



FIRE AUTO SHOP GOES UP IN SMOKE J-Max Auto Service was aflame late Monday night on Lorette Avenue, filling the neighbourhood with smoke. Crews battled the fire all night and through the day Tuesday, flooding nearby Pembina Highway. Police said no other information was available. MEG CRANE/FOR METRO

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Recording a historic chorus

MISERICORDIA FOUNDATION

Angels winging their way into Guinness Book with new mark

Meg Crane
For Metro | Winnipeg

Winnipeg has unofficially broken another world record.

Mulvey School yard was packed with 1,273 angels Tuesday. If verified, it would shatter the official Guinness World Record for number of people dressed in white with a halo and wings gathered in one place — it currently stands 1,039.

The event was the Misericordia Health Centre Foundation's way of marking the 20th anniversary of its Angel Squad, said Kim Siddall, chair of the foundation. Every December, a group of volunteers dress up as angels and collect donations on the Maryland Bridge for the foundation, said Siddall.

She said the previous record was set at a gathering in Ger-



All 1,273 angels look to set a new Guinness World Record in the courtyard at Mulvey School Tuesday. MEG CRANE/FOR METRO

many, and the foundation believed they could beat it.

"We had so much community support," said Siddall.

Many people donated white sheets, which Peerless Garments sewed into angel costumes for

the first 1,200 participants who arrived without white, she added.

Juliet Sinclair, a health care aide at Misericordia Hospital, saw a poster about the event and decided to go with her daughter.

"We were disappointed because we were not in the (Santa Claus) parade this year," said Sinclair. But being part of the record was an exciting replacement, she added.

Debbi White, a Mulvey School

employee, said the hospital regularly supports the school. It has hosted their Grade 6 graduates and takes care of injured staff and students.

"And, if your toilets break down, you can also run over

TOP OF THE PILE

Winnipeg's other records:

— In the 1992-3 NHL season, Winnipeg Jets player Teemu Selanne set the Guinness World Record for the most points scored by a rookie in a single season with 132.

— Johanna Rempel received a kidney transplant and then became the first transplantee to give birth on Sept. 7, 1967 at the Winnipeg General Hospital.

there," she laughed.

Both White and Klassen said the students were excited to be part of the gathering of angels, whether or not they won the Guinness title.

But, they said the students will be proud to have broken the record.

"Who doesn't want to be in the Guinness Book of Records?" said Klassen.

Angels will be on the Maryland Bridge Dec. 2 and 3 to collect donations for the foundation.

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IN BRIEF

Immigration minister fears 'backlash' against refugees

Canada's immigration minister says he is wary of a possible "backlash" against Syrian refugees by Canadians if the newcomers are seen to be given privileged treatment.

"Canadians are struggling for jobs themselves. Canadians have been waiting, in some cases, years for social housing," John McCallum, the minister of immigration, refugees and citizenship, said Tuesday.

"There's a possibility of a backlash against refugees if Canadians see them as being pampered."

But McCallum said Tuesday his single biggest challenge is communicating effectively with Canadians and keeping them onside with the project.

That means keeping the public posted on developments, and reassuring them on the security front. But perhaps the most challenging aspect, he said, is keeping a high percentage of the population on board.

MICHAEL WOODS/METRO

We can do more, Stephane Dion tells NATO

Stephane Dion walked through NATO's doors Tuesday suggesting he won't have to do much of a sales job over the impending withdrawal of Canada's jets from the U.S.-led bombing campaign against militants in Iraq and Syria.

"There are a lot of things where Canada may be a great supporter, instead of delivering two per cent of the airstrikes," he said.

Dion also indicated the signals he and Prime Minister Justin Trudeau have received at other international conferences indicate that Canada's new policy is "well understood."

THE CANADIAN PRESS

Foreign affairs types hated the Harper Tories: Email

A U.S. official expressed amazement at how deeply detested Canada's Conservative government was by some employees of the Foreign Affairs Department.

That impression was described in a note sent three years ago to Hillary Clinton, who was then the secretary of state and whose emails are now being publicly released.

It was contained in a message where a U.S. official described how his colleagues across the border pleaded for his help lobbying the Canadian government not to cut a program for Haiti.

THE CANADIAN PRESS



Marilou Trayvilla, one of two women employed to take care of the Trudeau children, is seen at left in the pink jacket, as she joins Justin Trudeau and family upon their arrival at Rideau Hall on the day of Trudeau's swearing-in ceremony. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Public footing the bill for PM's nannies

POLITICS

Trudeau has sworn his child benefit is going to charity

Prime Minister Justin Trudeau was attacked on social media as a hypocrite Tuesday after news reports that his cabinet had put on the public payroll two nannies to care for his three young children.

The orders-in-council said the women — Marian Puego and Marilou Trayvilla, whom the Ottawa Citizen reported had been working for the family prior to the election — were appointed to be special assistants to Trudeau and his wife Sophie Gregoire-Trudeau at the Prime Minister's residence.

They are being paid \$15 to \$20 hourly for daytime work and \$11 to \$13 for the night shift (effective the Nov. 4 swearing-in of

Trudeau's government) and will help care for Xavier, Ella-Grace and Hadrien.

Kate Purchase, the prime minister's director of communications, told the Star in an email that "given the nature of the prime minister's responsibilities and young family, the Trudeaus employ two household employees who, in addition to performing other duties around the house, act as secondary caregivers to the three children."

She did not reply to requests for elaboration on their duties, or to explain why the prime minister thought taxpayers should foot the bill. The news was intriguing for several reasons.

The decision was at odds with Trudeau's opposition during the election campaign to Conservative tax policies that would have benefited well-off people like him.

He repeatedly attacked Conservatives plans for enhanced universal child care benefit and income-splitting for families. Families like his and former prime

minister Stephen Harper's didn't need taxpayers' help, he said. "And Canada can't afford it." Trudeau promised to give his \$3,400 a year UCCB benefits to charity.

But at another level, this might be Trudeau's first salvo as what

\$3,400

The UCCB amount the Trudeaus will receive this year and have said they will be giving to charity.

Vogue magazine called Canada's first "feminist PM."

By expensing such costs, which his personal wealth would have made easy to pay, he obliges Canadians to consider how much support is required to make high public office possible for women and men with young families or for single parents.

Nancy Peckford, of Equal Voice, said: "Here's a person with a

young family in need of some critical child-care support for obvious reasons. His job is running the country and those supports are necessary."

The absence of such public support is part of what has historically kept women from pursuing political careers and party leaderships and "Equal Voice wants 'to ensure there are as few barriers as possible for women seeking elected office,'" she said.

Kim Stanton, legal director of the Women's Legal Education and Action Fund, told the Star "the first thing that jumped to my head was, well, doesn't this just show why it is that we need a national child-care plan."

All working parents should know "their kids are being properly looked after by people who are properly paid caregivers" so they can do their jobs, she said.

TORSTAR NEWS SERVICE

Rosemary Westwood weighs in on nannygate **metroVIEWS**

JORDAN

Refugees start journey

Maher al Halabi emerged from his interview with the UNHCR last Saturday with the coveted "number one" in his hand, on a small piece of paper in bold black ink.

That paper — a golden ticket — means he, his wife and two children, Ghassan, 7 and Mohammed, 18 months, made the cut. They will have a second interview Dec. 8 with Canadian officials, at the newly opened refugee processing centre outside Amman in Marka.

"I want to go to Canada so badly, for the sake of my children. I am a young man, I will do anything there," said al Halabi, 30, who hopes he passes the medical and security screening.

As word of Canada's resettlement plan seeps out among the Syrian community in Jordan, refugees pray they can beat the odds.

If all goes well, al Halabi's family will be among the first of the 10,000 refugees from Jordan to arrive in Canada late next week; the remaining 15,000 will come from Turkey and Lebanon.

In the last two weeks, the UNHCR in Jordan has interviewed thousands of Syrians to come to Canada, said spokeswoman Helene Daubelcour, with dozens of volunteers working weekends to verify identities and update files.

Life in the refugee camps, where the UNHCR will eventually recruit possible candidates to come to Canada, is also precarious, though refugees don't have to pay for food and shelter.

In Azraq, the residents do not have adequate lighting and power, making everyday activities such as collecting water or going to the toilet dangerous after dark.

In Zaatari, where 80,000 refugees live in caravans, the winter months bring rain and mud.

Canada announced last week it will also contribute a further \$100-million to the UNHCR to help Syrian refugees meet their basic needs. TORSTAR NEWS SERVICE



Maher al Halabi and his son
TORSTAR NEWS SERVICE

BROKEN BONDS | PART II

A mother-baby unit at Alouette Correctional Centre for Women is seen in handout photos. When the unit was renovated last summer, each room was outfitted with a cot, a crib and a rocking chair. The rooms open into a common area with a kitchen, a high chair, soft seating and a play area with books and toys. No one has been admitted to the unit since the renovation. B.C. MINISTRY OF JUSTICE

After a troubled killer gave birth and lived with her newborn in a B.C. jail, the program that made it possible died. A judge later revived it, but the nursery remains empty.

‘It was easy to jettison their rights’

Sidney Cohen
For Metro

On Canada Day 2006, 33-year-old Lisa Anne Whitford shot and killed her common-law partner, Anthony Cartledge, on a rural property near Prince George, B.C.

According to court records, Whitford called police the next morning and, when RCMP arrived at the home, they found her drowsy, confused and slurring her words. Cartledge's body was wrapped in blankets and hidden under a canoe.

Whitford was a few weeks pregnant at the time, and Cartledge was the father.

In the court case that followed, details of the accused's tragic life were laid bare.

Whitford, who is indigenous, was born to an alcoholic mother. When she was still a child, her mother's boyfriend sexually abused her. She began using drugs and alcohol at age 11, was living on the streets of Calgary at 14 and was strangled and raped when she was 17 by someone she considered a friend. Whitford has visited emergency rooms at least 41 times.

In his sentencing of Whitford, Justice W. Glen Parrett called her case "one of the bleakest ... I had ever encountered."

Whitford gave birth to her daughter Jordynn on March 12, 2007, while on remand at the Alouette Correctional Centre for Women. She was permitted to keep her baby in the jail, so Jordynn could breastfeed and bond with her mother.

Under the jail's "mother-baby" program, inmates who gave birth in custody were allowed to keep their newborns with them.

Ultimately Whitford, who was abused physically and emotionally by Cartledge during their relationship, pleaded guilty to manslaughter and was sentenced to six years in federal prison.

The judge decided that, with

public safety, to express concern about "the message that is sent to serious offenders when they are permitted to retain custody of a child while incarcerated."

Jordynn was the last baby to live inside Alouette.

In February 2008, the mother-baby program ended. Brent Mer-

chants and benefits before shutting it down.

Ross found that no child had been harmed in the program.

The judge also ruled that the charter right of the mothers and babies to security of the person was violated because separating infants from their mothers was contrary to their best interests, as it interfered with bonding and breastfeeding.

The separation was harmful to the mothers as well, who were devastated by losing their babies. Some would lose them permanently.

"An inescapable consequence of Mr. Merchant's decision was that the state would place in care some infants who, but for the decision to cancel the program, would have stayed with their mothers," Ross wrote in her decision.

Merchant, who is now assistant deputy minister in B.C.'s Ministry of Justice, declined repeated requests for an interview.

Ross also found the closure discriminated against indigenous women, given their overrepresentation in Canadian prisons and Canada's history of removing indigenous children from their families.

Ross's decision was released in December 2013, and a \$163,000 renovation to the unit where mothers had once lived with their babies quickly followed.

On June 16, 2014, B.C.'s Ministry of Justice announced the program's reopening and took media on a tour of the refurbished mother-baby unit.

But not one baby has yet been

admitted to the new space, despite three inmates having given birth since the program was re-established.

A Nov. 19 email from B.C. Corrections spokeswoman Cindy Rose says that the program is "open with dedicated space at (Alouette) and is available for use as soon as it is needed."

"With respect to why no women have participated in the program to date," Rose's email continues, "one inmate did apply and was accepted, but was released after giving birth. ... In two other circumstances, MCFD determined the parents could not safely care for their infants."

In all, 26 babies have been born to Alouette inmates since Jordynn Whitford left Alouette. Fourteen of those babies were placed in state care.

Former warden Brenda Tole oversaw Alouette's mother-baby program from 2004 to 2007. When she was in charge, she says, women who gave birth while incarcerated and wanted to bring their babies to Alouette were routinely admitted absent a "very, very valid reason." There was no application process; rather, Alouette staff, community agencies, MCFD and the B.C. Ministry of Health decided ad hoc what would best serve the moms and babies.

Now, Tole says, "the onus is on you to convince everybody that you can have your baby; otherwise, they're going to take it away."

In order to qualify for the program today, B.C. Corrections

says, an inmate must have no history of "serious offences that could jeopardize a child's safety," or health conditions "that could put children at risk."

"There's an underlying dynamic that women who are incarcerated are not good moms," Tole says. "Because they're in trouble with the law, because they haven't handled their life very well, that they can't provide support to this baby."

"Because somebody killed an abusive partner, doesn't mean that they're not going to nurture their kids," says Tole.

Lisa Anne Whitford and Jordynn aren't together today, but Rauch says that at Fraser Valley, they thrived.

At Alouette, mothers and their babies haven't had that chance for nearly eight years.

Broken Bonds

PART I

"A success story"
Tues. Dec. 1

PART II

"It all falls apart"
Wed. Dec. 2

PART III

"What now?"
Thurs. Dec. 3

HILLARY CLINTON

Emails offer peek into personal life

Roughly 7,800 pages of emails released Monday were part of a court-ordered disclosure of correspondence sent from the private server Hillary Clinton used while she was secretary of state.

Clinton has faced questions about whether her unusual email setup was sufficient to ensure the security of government information and retention of records.

Here's a closer look at some of the messages that churned through Clinton's in-box in the batch released Monday:

HEALTH POLITICS

Get-well-soon notes poured in from across the globe after Clinton picked up a stomach virus in 2012.

Hollywood mogul Harvey Weinstein emailed her aide, Capricia Marshall, offering to send Clinton copies of any movies she wanted to watch while recuperating.

2012 ELECTIONS

Although Clinton wasn't on the ticket in 2012, she and her supporters followed the race for president closely.

In a January 2012 note, during the heat of the Florida Republican primary, Clinton refers to Mitt Romney as "Mittens" and Newt Gingrich as "Grinch."

"If Mittens can't beat Grinch in Florida, there will be pressure on state Republican parties to reopen or liberalize ballot access," she writes to confidant Sid Blumenthal.

KEEPING THE TEAM

In November 2012, Samuel Kaplan, a Minneapolis lawyer and major Democratic donor who was appointed U.S. ambassador to Morocco, secured a private meeting with Clinton to discuss how he and his wife "might hope to be allied" with her in the future.

KISSING UP

Clinton's aides and supporters showered her with gushing praise, complimenting everything from her appearance to her policies.

"I'm being flooded with emails about how you rocked," deputy chief of staff Huma Abedin wrote. "And you looked fabulous." THE ASSOCIATED PRESS



BEIJING ARTIST TURNS

SMOG INTO BRICKS Artist Wang Renzheng demonstrates his industrial shop-vac alongside a highway in Beijing on Tuesday. Wang spent four hours per day for 100 days vacuuming the Beijing air with an industrial shop-vac, then baked the accumulated dust and pollutants into a brick (inset). The project's 100-day phase of dust collecting ended Sunday during this year's worst pollution spell in Beijing. Monitoring sites reported the density of the tiny, poisonous PM2.5 particles had reached more than 40 times the safe level set by the World Health Organization. Residents were asked to stay indoors. THE ASSOCIATED PRESS

World leaders push pricing on carbon

IN BRIEF

School fire kills six kids, injures three others

Turkey's state-run news agency says six children have died in a fire that broke out at a school in Karaagac village.

Three other children were injured Tuesday in the fire believed to have been caused by a heater. THE ASSOCIATED PRESS

WHO wants Ukraine to declare polio emergency

The World Health Organization is urging Ukraine's health ministry to declare a state of emergency due to a polio outbreak.

The move is meant to boost government action in a country where half the children have not been vaccinated against polio. THE ASSOCIATED PRESS

Police make new arrest in Paris attacks

A woman was arrested Tuesday in a Paris suburb for suspected links to an intermediary to the only man charged in connection to the Paris attacks.

Officials said the woman, whose name wasn't revealed, is the intermediary's partner. THE ASSOCIATED PRESS

CLIMATE CHANGE

Tax would cut emissions, conference delegates hear

One of the smartest ways to fight global warming is putting a price on carbon dioxide pollution, according to key world leaders at the international climate summit in Paris, including Canadian Prime Minister Justin Trudeau.

Either a tax on carbon dioxide emissions or putting a price on carbon and trading carbon pollution like pork bel-

lies would help use capitalism to get closer to a day when the world isn't adding heat-trapping gases to the atmosphere, said leaders of Canada, France, Germany, Chile, Mexico and Ethiopia, as well as heads of the World Bank, International Monetary Fund and Organization of Economic Cooperation and Development on Monday.

"I have long believed that the most elegant way to drive innovation and to reduce carbon emissions is to put a price on it," Obama added at a Tuesday news conference. "Obviously I'm not under any illusion that this Congress will impose something like this."

The number of countries,

“We should put a big fat price on (carbon) in order to penalize it.”

Chilean President Michelle Bachelet

provinces, states or cities putting a price on carbon has tripled in the past year and is now at 40, including some U.S. states, World Bank Group president Jim Young Kim said Monday.

Kim and others pointed to straight carbon taxes in British Columbia, Sweden and France

as examples of what works.

Trudeau said British Columbia's "world class" carbon tax proves such a device doesn't harm the economy.

Economists have known since 1923 that "smart economics puts a tax on bad things and not on good things," said World Resources Institute president Andrew Steer, a former Wharton economist who wasn't part of the multi-nation initiative on carbon pricing.

Steer compared it to taxing cigarettes to reduce consumption, although other methods of trading carbon pollution credits aren't quite the same, he added.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

For our son's wedding, the couple requested donations to their honeymoon fund in lieu of gifts. One of our friends told my wife how offended she was by this. We haven't spoken to them since. Should she have kept her objections to herself?

Dear Ellen:

Our oldest son got married in September. Both partners were established with their own homes, and when they moved in together had everything they needed for their household. As a result, when they sent out their wedding invitations they requested donations to their honeymoon fund in lieu of gifts. We had invited some of our best friends to the wedding. At a party before the wedding, one of our friends took my wife aside and indicated how offended she was by this request. Because of this "confrontation" we uninvited them and haven't spoken to them since. Should she have just kept her objections to herself and bought them a gift anyways? And did we overreact? They are long-time friends and I am quite amazed that a wedding invitation has come between us.

Joe, Scarborough, Ont.

Dear Joe,

I'm sorry to hear that your son's wedding caused so much strife. I could offer platitudes along the lines of "at least you didn't become estranged from any relatives," except that losing a friendship is sometimes more painful than losing touch with a loathsome aunt or uncle.

There are a few layers to your question, so let's start with the affianced couple's request for money. To some old-school types, like your friends, and me, straight-out asking for money does feel a bit crass. The point of a wedding gift is not just to help

a young couple get started, but to give them a tangible reminder that you were there when they became as one. I have friends who still cherish the beautiful martini set I gave them years ago, and other friends who curse my name to this day for the crystal candle holders that became problematic if you drunkenly forget to douse the candles at the one-inch mark, at which point the flames can crack the crystal — why do they even make crystal candlesticks anyway? It's stupid. My point is, envelopes of cash, though always welcome, can be impersonal.

In your son's defence, I will concede that, as you point out, most couples today are already shackled up and have all the gadgets and linens they need, which can make choosing a gift difficult. For many parent-aged guests, it's vastly

easier to write a cheque than try to guess what kind of vase will go with moustache wallpaper or faux-fur upholstery (though an ironically customized, oversized mason jar would probably do the trick).

Whatever the guests' views are, however, it is absolutely wrong to confront the groom's mother to complain and risk ruining what is already a super-stressful event. The point of good manners is to have them even when you think others do not. If your friends were that irritated, they could easily have ignored the request and made the couple work for their cash by giving them a highly returnable candy dish from Birk's.

Or, if they wanted to send a more explicit disciplinary message of resentment, a simple set of hideous beach towels and matching, unpackable sombreros would have

done the job nicely.

As for whether you overreacted by uninviting them, I cannot say. It depends on how aggressive the "confrontation" was, and on why you put the word "confrontation" in quotation marks. Are we talking disagreement through gritted teeth here? Or hand-to-hand combat?

If it makes you feel any better, keep in mind that your friendship may have been on its last legs anyway. Weddings are the kind of traumatic social event that acid-tests every relationship. Wish your friends well, and see how you all feel in a year or so.

And please make sure your son and his spouse send thank you cards for every penny they rake in.

Need advice?
Email Ellen:

scene@metronews.ca



Ani Castilla

ROSEMARY WESTWOOD

metroview

Never mind Nannygate. The real scandal is wealth inequality.

Nannygate? Please.

So the most powerful person in this country is the parent to three children, and married to a woman with a career of her own and now the added duties of being a prime minister's wife.

So the Liberal government hired a few nannies to help out around Rideau Cottage and lend a hand with the kids.

So what?

Yes, I know, Trudeau made a big to-do during the campaign about exactly how much his family doesn't need taxpayer dollars to cover child care.

Railing against the Conservatives' Universal Child Care Benefit that funnelled about \$3,000 his way, he told media that "we don't need it. And Canada can't afford it."

And, now that he's in office, taxpayers are most assuredly paying more than three grand a year for two nannies, at \$11 to \$20 an hour each, depending on whether they're working a day or night shift.

But did anyone actually think that, of all the perks that go along with being prime minister, child care wouldn't be included? Do taxpayers somehow feel morally OK with paying for his in-house chef, and not his nannies?

Being prime minister isn't a blank cheque, but it is a privileged position, and I couldn't care less that we're supporting two child-care professionals along with the gardener.

Far more important — and the point of all of Trudeau's anti-child-care-benefit rhetoric — is the need to address the growing inequality between people in this country. According to the Broadbent Institute, the richest 20 per cent of Canadians own almost 70 per cent of the country's wealth. Last year, TD Bank called rising inequality a "threat to economic growth" — and it's most certainly a threat to the ability of many Canadians to afford quality child care.

And if you want to talk about nannies, let's talk about how much they're paid (hint: it's less than the chef). My sister worked for years as a nanny. Often spending more time with children than their own parents could, she moulded the kids she worked with, giving them basic tools to handle their emotions, teaching them self-respect and responsibility, never mind joy and self-expression. It was not particularly lucrative, though the families she worked with did pay her in gratitude. And it showed me that we value coding skills, say, over raising kids.

Nannygate could better earn its hand-me-down name if it alluded to some of these more pressing scandals in Canadian child care. What the Globe and Mail calls Trudeau's "apparent contradiction" is an incredibly underwhelming controversy, at best.

The point of good manners is to have them even when you think others do not.

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Golden ways to goose eggnog

HOLIDAY DRINKS

Modern takes on a traditional festive tipple

Melissa Dunne
For Metro Canada



The drink with the consistency of a melted milkshake is traditionally made from scratch with eggs, milk, cream and sugar, then finished off with a sprinkling

of spices. Domestic goddess/woman after my own heart Martha Stewart spikes her homemade eggnog with not one, not two, but three liquors (bourbon, dark rum and cognac).

GULP
We bought more than 7.6 million litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data.

Most of us are not Martha, so we end up just buying whatever carton of eggnog happens to be on sale at the grocery store. We bought more than 7.6 million

litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data. It's certainly not all good — much of the mainstream stuff has an odd consistency and even odder fluorescent-tinted hue to it.

Books like Alissa Hamilton's *Got Milked?* and vocal vegan celebrities such as Alicia

Silverstone have many of us thinking twice about putting conventional cow's milk into our bodies.

But, no need to shake your noggin in despair as in recent years Santa and his elves have whipped up a slew of organic and alterna-nogs so everyone can partake in a little Christmas in a cup this holiday season.

YOU MADE THIS?!

Silk sells a soy nog in the U.S., but sadly it's not available here. Instead, the makers of Silk alternative milks suggest blending one cup of the alterna-milk of your choice (almond, rice, soy, coconut, cashew etc.), 1/2 a frozen banana and 1/2 tsp of vanilla. Then add spices, such as turmeric, cinnamon and nutmeg to taste. Pour your nog into a Marty Moose Mug (\$36, Urban Outfitters) and get ready to channel your inner Clark Griswold.

IS THAT ORGANIC?

Not only is Organic Meadows eggnog organic it's also GMO-free and kosher. The creamy concoction is made at the family farm in Guelph, Ont., with fresh Ontario eggs and milk. It comes in a carton or a returnable glass bottle at select stores for between \$5.99-\$7.29 in the Greater Toronto Area. If you're outside of the area and are passionate about supporting farmers in your community ask around to find a local brand that makes an organic eggnog.

PUT THE NOG IN THE COCONUT

In America there are rows upon rows of alterna-nogs at stores this time of year. On this side of the border, the options are more limited. Good news for those who are off dairy these days: So Delicious sells a seasonal coconut milk nog at select stores, including some Whole Foods Markets for about \$3.99. The nog features organic coconut milk and organic cane sugar. Add a cinnamon stick, plus a splash of liquor of your choice and toast to Christmas miracles. Ask around to find a local brand that makes an organic eggnog.

FESTIVE ALMOND MILK

Vancouver's Earth's Own puts out a Noël Nog this time of year that's sold at select stores including some Whole Foods, Sobeys, Metro and Safeway for about \$2.99. The festive drink is dairy- and egg-free and features filtered water, almonds and cane sugar. Make sure to have a bottle on hand at your next holiday party so your vegan friend can partake in some spiked nog, too.

ADD A JOLT OF CAFFEINE

Many indie coffee shops sell eggnog lattes with organic milk this time of year that will turn even the biggest Grinch into a bundle of caffeinated joy. Balzac's Coffee Roasters puts a very modern twist on the traditional drink this season, offering up a blend of nitro cold-brew coffee and Harmony Organic's eggnog for \$4.75, only available at its Distillery District location in Toronto. Invent your own version by mixing your favourite nog and cold brew together. Cheers to Eggnog Season!

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POINT OF SALE

WATERPROOF

BOOK EXCERPT THE SCANDIKITCHEN BY BRONTË AURELL

Meatballs never tasted so Swede

**Real Swedish Meatballs**

There are as many recipes for meatballs in Scandinavia as there are cooks. Recipes vary regionally, too, both in ingredients and sizing. Sadly, nowadays a lot of people buy meatballs instead of making them. The homemade version is so very wholesome and worth the effort. Serve with creamy mashed potato.

Ingredients:

- 1/3 cup old-fashioned oats or breadcrumbs
- 2/3 cup meat stock (chicken works well, too)
- 14 oz. ground beef
- 9 oz. ground pork (minimum 10% fat)
- 1 US large egg
- 2 1/2 tablespoons all-purpose flour
- pinch of salt
- 1 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- a dash of Worcestershire sauce or soy sauce
- 1 small onion, grated
- butter and oil, for frying

ScandiKitchen by Brontë Aurell showcases 75 Nordic recipes for everyday eating and special occasions. Its collection of dishes from Norway, Denmark and Sweden is based on a shared heritage of food that is natural, delicious, simple to prepare and beautiful to look at, like this excerpted recipe for Real Swedish Meatballs.

EXCERPTED FROM THE SCANDI KITCHEN BY BRONTË AURELL, PHOTOGRAPHY BY PETER CASSIDY, PUBLISHED BY RYLAND, PETERS & SMALL, \$30.95 CAD.



- mashed potato, to serve
- Stirred Lingonberries**
- 9 oz. frozen lingonberries (available in some speciality food stores and online)
- 1/2 cup granulated sugar
- Cream Gravy**
- meat stock
- 1 tablespoon all-purpose

flour

- a good glug of single cream
- salt and ground black pepper

Serves 6**Directions:**

1. If using oats, soak them in the meat or chicken stock for 5 minutes.

2. Mix the ground meat with a good pinch of salt for a couple of minutes in a food processor to ensure it's blended thoroughly.

3. Add the eggs, flour, spices and Worcestershire or soy sauce to another bowl and mix with the soaked oats or breadcrumbs and grated onion, then add this to the meat mixture. You'll have a sticky, but moldable, mixture. Leave the mixture to rest for 20-25 minutes before using.

4. Heat up a skillet with a small pat of butter or oil and shape one small meatball. Fry it until done and then taste it. Adjust the seasoning according to taste and fry another meatball to test it until you get it just right.

5. Shape the individual meatballs in your hands — it helps if your hands are damp. Each meatball should be around 1 in. in diameter, or larger if you haven't got time.

6. Melt a pat of butter in a skillet with a dash of oil and carefully add a few meatballs — make sure there is plenty of room for you to swivel the

pan round and help turn them so they get a uniform round shape and do not stick. You'll most likely need to do this in several batches. Cooking time is usually around 5 minutes per batch. Keep in a warm oven until needed.

7. When your meatballs are done, keep the pan on a medium heat. Ensure you have enough fat in there, if not, add a pat of butter to the pan. Add a tablespoon of flour and whisk, then add a splash of stock and whisk again as you bring to the boil. Keep adding stock until you have a good dollop of light cream and season well with salt and pepper. The colour of the gravy should be very light brown.

8. To prepare the Stirred Lingonberries (rårörda lingon) simply add the granulated sugar and stir. Leave for a while and then stir again, until the sugar dissolves and the berries have defrosted. Store leftover Stirred Lingonberries in the fridge.

9. Serve with mashed potatoes.

PARTIES

Step away from the onion-soup mix

Although dipping sauces are part of many party scenarios, it's easy to treat them as an afterthought.

Most supermarkets have the usual suspects — jars of salsa or plastic tubs of onion, dill or spinach dip, hummus or tzatziki. Buy one, take the lid off and you're good to go.

But they're not cheap, they're often high in salt and/or sugar, and may contain preservatives.

It's much more interesting to concoct your own flavour combinations to wow guests with little effort and at a lower cost.

Dips are also a great way to encourage guests to eat their veggies, says Brooke Bulloch, owner of Food to Fit, a nutrition consultation firm in Saskatoon.

There's the nutrition factor of the dips themselves.

"With homemade dips, we can better control the ingredients," she says. "A lot of dips have full-fat cream cheese or mayonnaise. With homemade, you could lighten up a guacamole by adding yogurt and salsa. You can also make it go farther."

"You could lighten up a spinach dip with light cream cheese and plain yogurt instead of full-fat cream cheese and mayonnaise."

Bulloch, who is also a spokesperson for Dietitians of Canada, is a huge fan of plain two per cent Greek yogurt as a dip base.

"It doesn't have to be zero fat because that's where a lot of the flavour comes," she

says. "But it's rich in protein and you actually get some nutrients, B12 and calcium. And because Greek yogurt is so thick, it gives the texture we look for in dips."

For example, she makes a Mexican-style dip by adding cumin, chili powder and a little salt to the yogurt; a Greek-style tzatziki by combining the yogurt with lemon and cucumber; or a spicy dip by adding Sriracha, garlic and chili powder.

THE CANADIAN PRESS

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Beat the blues with yogurt

NUTRITION

Study finds probiotics help with negativity

Theresa Albert
For Metro Canada



Feeling a little moody? Maybe you want to try some yogurt to beat the blues.

New studies have the nutrition world saying "I told you so" as they confirm that gut bacteria contributes to the management of mind and mood. The mechanisms aren't clear yet, but the years of research on animals has been convincing enough to gain the focus of many researchers to start testing the impact of probiotic supplementation on humans.

Both Leiden and Cambridge Universities are in the news for confirming that it appears to hold true that humans experienced

decreased sensitivity to depression and negative stimuli when taking probiotics. In the Leiden University study, administering probiotic powder to participants resulted in reducing the occurrence of rumination, a predictive behaviour in depression.

Mental health aside, it is never too early to start improving the health of your gut bacteria, particularly if you have been on antibiotics.

Here are some foods that could help rebalance your gut:

- Fermented yogurt, soy milk or kefir
- Fermented foods like tempeh, kimchi, sauerkraut and miso soup
- Prebiotic foods that help feed the active probiotics: inulin, chicory root (in coffee substitutes), onions, garlic, artichokes, sweet potatoes and bananas.

Maybe your gut feeling is true and it isn't all in your head after all.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

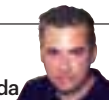


Both Leiden and Cambridge Universities have recently published studies linking probiotic consumption with decreased sensitivity to depression. TORSTAR NEWS SERVICE

LIQUID ASSETS

Raise a Shiraz for Australian wine

Peter Rockwell
For Metro Canada



While we here in Canada prepare for Old Man Winter, Down Under my winemaker friends are waxing-up their surf boards; having just welcomed the beginning of their summer.

As much as I hate that about them, nothing warms up my cold nights better than a glass of full-bodied Shiraz, the grape that single-handedly turned Australia into a winemaking force to be reckoned with back in the mid-'80s.

Though today they may be more well-known for quaffable versions, there's still

plenty of meaty and muscular Shiraz to be found on the shelves at your local liquor store.

The Jacob's Creek 2013 Double Barrel Shiraz (Australia, \$16.49-\$20.99) pumps up the volume with an innovative take on aging. After resting in a combination of French and American oak for over a year the Barossa juice then sees some time in used Scotch whisky barrels.

The finished wine is a mouthful of complexity that will make a great gift for any red lover on your holiday list.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



FOOD BRIEF

Beer mile record holder defends title on Ellen

Lewis Kent has another victory to add to his running resume — winner of Ellen's Beer Mile Race.

The 21-year-old from Mis-

sissauga, Ont., who broke the beer mile world record last month, beat an Ellen staff member on Tuesday's episode of The Ellen DeGeneres Show.

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STAR WARS

The Force Awakens with virtual reality app and Google Cardboard

Kris Abel
For Metro Canada



The chance to get up close with the Millennium Falcon alone is enough to make it worth trying out a series of virtual reality movies launching this week for free through the official Star Wars app. For the full effect you'll need a Google Cardboard viewer, an inexpensive box that folds into goggles around your phone, available online through Amazon, Indigo, Unicef.ca, and Google.com/cardboard.

Awaken The Force Within includes chapters that are just a few minutes in length, but detail a storyline that leads up to the opening moments of Star Wars: The Force Awakens. Intended by

Lucasfilm as their first, convincing use of virtual reality, the experiences go beyond just giving you a 360 degree "look around" to actually placing you into the boots of characters so you can take part in the spectacle



and action. You will definitely want to wear headphones given the special effects involved. "No one really knows how audiences are going to experience virtual reality" says

Lynwen Brennan, Lucasfilm General Manager, "but I do know that we have the most expansive universe to explore in Star Wars."

Brennan has launched a new division devoted to virtual reality called ILMxLAB which, along with Industrial Light & Magic and Skywalker Sound, produced this first series and will be launching new ones as more realistic and higher priced VR headsets arrive next year.

It may seem crazy that a piece of cardboard can give you a taste of entertainment's future, but of the several virtual reality experiences released for Google Cardboard so far, including clips based on The Hunger Games and Broadway's The Lion King, this Star Wars experience by far has the most convincing magic.

JOHANNA SCHNELLER WHAT I'M WATCHING



Scott and Bailey explores the mysteries of female friendship. CONTRIBUTED

Not just a plot device: the warranted fight

Scott & Bailey: Season 3, Episode 7 (Netflix)

At the end of Episode 6, Manchester police Detective Constable Janet Scott (Lesley Sharp) stumbled upon her cop partner and best friend, Rachel Bailey (Suranne Jones), in her guest bedroom, in flagrante delicto.

This infuriates her: Rachel is married, and Janet's sick of Rachel's compulsion to screw up her life. In Episode 7, they have a humdinger of an argument, in which they both say specific, accurate, hurtful things.

Now, I'm wary of the girlfriend trope. Too many shows depict

women as inevitable enemies — all factual evidence of lifelong, sustaining female friendships be damned. Scott & Bailey was different. It was centred on the power of women working well together. It resisted the girlfriend.

This argument, however, turns out to be earned. It's not so much the two minutes of shouting in Janet's car — it's the rest of the episode, the aftermath, scene after scene of Janet and Rachel feeling frosty, anxious and miserable. They won't meet each other's eyes. They try to appear nonchalant, but they're vibrating with hurt. They keep

searching each other for signs of weakness, but when they see them, they double down on punishing each other instead of forgiving.

Things aren't resolved neatly either. The tension continues into Episode 8, and it pushes both women to admit uncomfortable things about themselves. Rather than denigrating female friendships, this fight shows how important they are, and how wounding it is when they fail, even temporarily. Friendship is love, after all, and like all love, it comes with pain.

MMMHOOPS

Hanson old enough to drink

The problem with getting liquored up with the Hanson brothers — yes, the MMMBop boys — is that you can't get that tune out of your head the entire time you're talking to them. Or for days after. Apologies for the ear worm.

The only consolation is that they're no longer boys, which makes the whole affair seem less icky. Because when you say to yourself, "I'm going drinking with Hanson," the mental image is of pounding back a few with the bouncy preteens from those "ba du bop, ba duba dop" music video days. Luckily, like the rest of us, they grew up. And it turns out, they grew into really nice guys who not only are still making music, they also are pleasantly obsessed with craft beer.

So obsessed, in fact, that they've launched their own, a pale ale. That's right. You can now pop open an Mmmhops (tagline: From the Guys That Invented Mmmhops).

Their music careers have chugged along pleasantly since 1997, the year MMMBop was seared into our pop ethos. Ca-

reers quiet by industry standards, yet robust enough with a fervent fan core to keep the brothers happy. Meanwhile, 18 years of tours and time on the road mean they've sampled a whole lot of good (and bad) beer. (You can do the math. Isaac, Taylor and Zac Hanson are 34, 32 and 30, respectively, and are pretty shameless about how long they've been sipping suds.)

"We travelled the world as kids and we got turned on to great beer," said Isaac Hanson. "At some point you decide to take something you really like and turn it into a business you love."

A few years ago — around the same time they launched the Hop Jam beer and music festival in Tulsa, Okla. — they started playing around with making their own beer. The brothers found they not only enjoyed the process, but the results weren't so bad, either. So at the end of their 2013 tour, they put off work on a new album to focus on brewing. Eventually, they contracted with Mustang Brewing Company in Oklahoma City to make the operation legit and today Mmmhops



We won a gold medal for our beer before we won a Grammy.

Taylor Hanson

— winner of a gold medal from the Beverage Tasting Institute in 2014 — is available in 16 states.

And though the brothers — now all married and all with multiple children — see their music and beer in a symbiotic relationship, they're not averse to the thrill of one outshining the other.

"Hey! We won a gold medal for our beer before we won a Grammy," said Taylor Hanson. "I'll take that!"

Despite the name the beer isn't overtly hoppy; it's actually a pretty good beer: citrusy, clean tasting and totally drinkable. The brothers see it as an entry point to craft brews, particularly for fans of their music.

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Leaders of the pack

Last week, the Automobile Journalists Association of Canada revealed the winners in nine best-of categories for 2016. Mercedes-Benz and Volkswagen were the big winners, taking two honours each, while Chevrolet, Honda, Kia, Mazda and Volvo also scored awards. Metro's Mike Goetz and Jil McIntosh were among the more than 70 judges who took part. Here are their takes on a few of the winners. **METRO CANADA**

AJAC winners: A roundup

1 Family Car: Volkswagen Golf Sportwagen 1.8 TSI

Mike Goetz: "A fully modern station wagon equipped to ace all family assignments."

2 Pickup: Chevrolet Silverado

Jil McIntosh: "A new eight-speed automatic mated to the V8 provides even smoother performance."

3 Small Car: Honda Civic Sedan

Mike: "A trim, well-engineered decathlete that excels at everything."

4 Sports/Performance under \$50K: Volkswagen Golf R

Jil: "Fast, sharp, and beautifully balanced, the Golf R is the ultimate 'hot hatch.'"

5 SUV/CUV under \$35K: Mazda CX-3

Mike: "Tiny perfect crossover."

6 Prestige/Performance: Mercedes-AMG GT S Coupe

Jil: "When I win the lottery, this is the first thing I'm going to buy."



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Jets will have to pony up if they're after Hamonic



Rumours that the Winnipeg Jets are pursuing Islanders defenceman Travis Hamonic make sense. Hamonic wants a trade because of some personal issues, and he ideally wants a trade that will bring him closer to home. He's a Manitoba boy, so Winnipeg is his ideal landing spot. Better yet, he's exactly the kind of player Winnipeg needs right now. The Jets are getting pushed around, especially by their Central Division rivals, and Hamonic is a bona fide top-four defenceman with some sandpaper. He'd make Winnipeg harder to score on, no doubt.

It's scary, however, to ponder the idea it might take Jacob Trouba to land Hamonic. After all, plenty of media reports suggested the Islanders turned down an offer of Dustin Byfuglien, whose contract expires this summer. And trading Tyler Myers wouldn't be ideal since his contract is highly front-loaded, meaning most of the money is paid off already. That leaves Trouba. It would have seemed bananas to ponder moving the powerhouse young blue-liner two years



Travis Hamonic would help Winnipeg's D — if they can trade for him. BRUCE BENNETT/GETTY IMAGES

ago or even last year, but it's suddenly not the most unrealistic idea in the world. Trouba, who looked like the second coming of Scott Stevens as a rookie, has regressed significantly. The of-

fence has all but evaporated from his game. He buried 10 goals in 65 games a rookie and has nine in 90 games since. He's not even on pace to clear 20 points this year. He's still a robust physical

presence capable of terrorizing opponents at six-foot-three and 202 pounds, but he lacks the same confidence this year. He's more prone to mistakes. He has lost a step to the point that I can't help

50.65

Jacob Trouba's 5-on-5 score adjusted Corsi For percentage. He ranks third among Jets D-men with at least 100 minutes played this year.

but wonder if he's hiding an injury. The timing for his nosedive is bad, too, as Trouba is a restricted free agent this summer. What should have been a fat, long-term contract could easily become a two-year "prove it" bridge deal this summer.

So does that mean GM Kevin Cheveldayoff should be open to the idea of dealing Trouba? Hopefully not. Yes, Hamonic would be an ideal acquisition, but it's far too early to give up on Trouba. He's only 21 years old, the age at which many blue-liners just break into the league, and he created unrealistically high expectations because he flourished as a teenager. Big defencemen sometimes bloom late — look at Zdeno Chara, Ed Jovanovski and Chris Pronger — and maybe Trouba will, too. If I'm pursuing Hamonic I do everything in my power not to surrender Trouba in the process.

Price is right in Boston: \$217M

The Boston Red Sox and ace pitcher David Price have agreed to a deal worth \$217 million over seven years, a person familiar with the negotiations told The Associated Press.

The person spoke on condition of anonymity Tuesday because the deal has not yet been signed and is pending a physical.

Price has a 3.09 ERA in eight major-league seasons with 1,372 strikeouts and 104 wins.

Price was acquired by the Blue Jays near the trade deadline last season in a deal with the Detroit Tigers. Toronto gave up left-handed pitching prospects Daniel Norris, Matt Boyd and Jairo Labrera in the trade.

Price was excellent down the stretch, helping Toronto end its 22-year playoff drought.

He went 18-5 with a 2.45 earned-run average last season for the Blue Jays and Tigers, including a 9-1 regular-season record with Toronto. He went 1-2 through four post-season appearances (three starts) as a Blue Jay.

Price, the 2012 American League Cy Young Award winner, finished second in the voting for this year's AL Cy Young behind Houston's Dallas Keuchel.

Boston finished last in the AL East last season with a 78-84 record, 15 games behind the division-champion Blue Jays.

THE ASSOCIATED PRESS



GREY CUP WE ARE THE CHAMPIONS Eskimos Almondo Sewell, left, and Tony Washington carry the Grey Cup to the stage during a fan rally for the CFL champions, in Edmonton on Tuesday. The Eskimos defeated the Ottawa Redblacks 26-20 on Sunday. JASON FRANSON/THE CANADIAN PRESS

NFL IN BRIEF

Roethlisberger to remain under concussion protocol

Ben Roethlisberger says he had a migraine.

Coach Mike Tomlin says the Pittsburgh Steelers quarterback has a concussion.

Either way, Roethlisberger will remain under the concussion protocol this week as the Steelers prepare to face the Indianapolis Colts.

Roethlisberger left Sunday's loss to Seattle in the fourth quarter after self-reporting a potential concussion. THE ASSOCIATED PRESS

Gronkowski week-to-week with right knee injuries

Rob Gronkowski suffered a bone bruise and sprain of his right knee during the New England Patriots' 30-24 overtime loss to the Denver Broncos on Sunday night.

The tight end will be evaluated on a weekly basis and there is no timetable for his return.

Gronkowski was carted off the field with 2:49 remaining in Sunday's game after taking a hit to the knee. THE ASSOCIATED PRESS

NBA

Finally! Sixers win after 28 defeats

The Philadelphia 76ers have ended the longest losing streak in the history of major professional sports in the United States, topping the Los Angeles Lakers 103-91 on Tuesday night in Philadelphia, to snap a 28-game skid.

The Sixers had lost their first 18 games this season, matching the record for worst start in NBA history.

They had dropped 28 straight dating to last season, setting the mark for longest

losing streak among the four major U.S. sports leagues

The Sixers won for the first time since March 25, 2015.

Robert Covington scored 23 points, and Jerami Grant and Nerlens Noel each had 14.

Lakers star Kobe Bryant scored 20 points on 7-of-26 shooting in the final game of his career in his hometown.

He walked off to a standing ovation and chants of "Kobe! Kobe!"

THE ASSOCIATED PRESS

RECIPE Ginger Pork Noodles



PHOTO: MAMA VINTAGE

Ceri Marsh & Laura Keogh
For Metro Canada

- Salt and pepper to taste
- 250g rigatoni pasta

Directions

1. Prepare pasta according to package instructions.
2. Heat olive oil in a wok or deep frying pan. Soften onion for 3 minutes. Add mushrooms and cook for three minutes then add the pork.
3. Once pork is no longer pink, add garlic and ginger and simmer for another 3 minutes. Season with salt and pepper to taste. Add sugar snap peas. Combine and then pour stock over pork mixture. There should be enough stock covering the meat and vegetables so that it is soupy. Add chopped spring/green onion and stir until blended.
4. Ladle over the noodles and garnish with cilantro.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

Switch up your usual pasta dinner with this light and zingy recipe.

Ready in

Prep time: 20 minutes

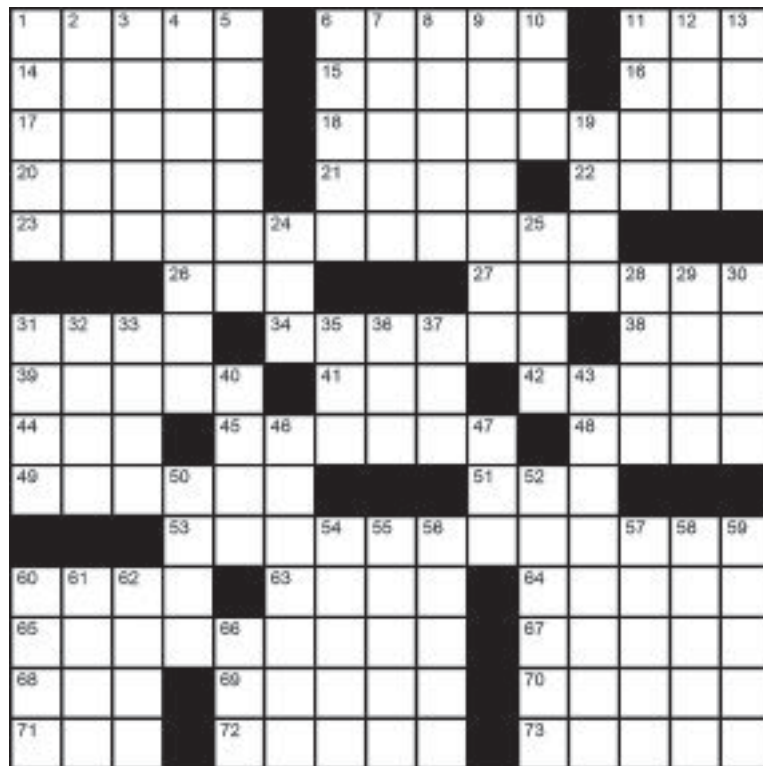
Serves 4

Ingredients

- 500g minced pork
- 2 Tbsps olive oil
- 2 Tbsps chopped spring onions
- 1 onion, chopped
- 1 cup sugar snap peas (or any crunchy green vegetable)
- 1/2 cup of chopped mushrooms
- 8 cloves garlic, chopped or crushed
- 2 Tbsps ginger, minced
- 2 1/2 cups chicken stock
- 2 or 3 green onions, thinly sliced
- 1 Tbsp fresh cilantro

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Change with the times
6. "Will & _"
11. Sneeze starters...
14. Prefix to 'dermabrasion' (Spa service)
15. Revolving mechanism
16. Cacharel perfume
17. Andes people in history
18. Ancient Greek Mythology: Commander in the Trojan War
20. Draped dresses
21. "___ Fiction" (1994)
22. "___!... I Did It Again" by Britney Spears
23. Song written by Burton Cummings that goes "Maybe I'll be there to shake your hand...": 3 wds.
26. 'Glycer' suffix
27. Donald Sutherland's other actor son
31. Chill
34. Montreal Canadiens legendary goaltender Ken
38. Pressure meas.
39. Tobias ___ Jr. (Canadian musician who co-wrote "When We Were Young" with Adele)
41. Mr. Fleming
42. Being beholden
44. Ms. Ortiz of "Ugly Betty"
45. Actress, Nicole ___
48. Adam & The ___
49. Cites
51. 'Delic' suffix
53. Cape Breton Island community mentioned in Canadian

folk tune "Song for the Mira": 2 wds.
60. Beach torch
63. Play's beginning, ___
64. NBC soap, "Days ___ Lives"
65. Active
67. Hair products brand

68. Justin, to Margaret
69. ___ toys
70. Ms. Carter of '80s sitcom "Gimme a Break!", and namesakes
71. Wile E. Coyote's blaster
72. "Steady ___

goes!"
73. TV wife of Steven Keaton

DOWN

1. Awry
2. Singer Ms. Washington
3. Capital of Ghana
4. Manitoba's lo-

cale, with The
5. ___ salad
6. ___ paper (Light blue boxes purchase)
7. Varlet
8. "Any Time ___" by The Beatles
9. Liken
10. William Shakespeare's 'earlier'

11. Year, fancy-style
12. Target in basketball
13. Lacking
19. London's hip '60s youths
24. Mr. McGinley
25. Faux pas
28. Twirl
29. Not is
30. Dates' friends in the Produce Dept.
31. Opened slightly
32. Trait carrier
33. Thunderbirds org.
35. Clear
36. Root vegetable
37. Scientific ID
40. Gumbo ingredient
43. "The ___": Gordon Lightfoot song that mentions a Robin and a Nest
46. Belonging to Jerusalem's country
47. Catch
50. Mideast chieftain, variantly
52. Tom Hanks/Julia Roberts flick, "Larry ___" (2011)
54. Rhythmic-al stress
55. Range in Quebec, ___ Mountains
56. Carved out spot
57. Country star Ms. Parton
58. Some birds
59. Record over
60. Check
61. Barge ___ (Intrude)
62. Superman's surname
66. Student's 4.0, e.g.

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

In ending a feud don't give too much away. If you compromise you must do so from a position of strength. If you give in too easily your rivals may take it as a sign of weakness.

♉ Taurus April 21 - May 21

You can't put a foot wrong, but if you are smart you will look ahead. Lady Luck is on your side — make the most of it but don't exhaust yourself.

♊ Gemini May 22 - June 21

You don't seem to be short of admirers but don't let it go to your head. Also, watch out it does not affect your health. If you accept each and every social invitation that comes your way you will exhaust yourself before the end of the week.

♋ Cancer June 22 - July 23

Don't take what others tell you too seriously. It could be their comments are genuine but it is just as likely they are saying what they think you would like to hear. You don't need flattery — you know how amazing you are.

♌ Leo July 24 - Aug. 23

If you're bored with your social scene then do something about it. There's a party going on somewhere, make an effort and you can find it. Failing that, throw a party of your own.

♍ Virgo Aug. 24 - Sept. 23

You cannot see the whole picture concerning a money matter. You may be tempted to take the kind of risk you would usually avoid — it is not a good idea.

♎ Libra Sept. 24 - Oct. 23

With Venus and Mars, the relationship planets, moving through your sign you must let those you care for know how much they mean to you. Do it now because Venus leaves your sign at the weekend.

♏ Scorpio Oct. 24 - Nov. 22

Others can cut corners but you must continue to play by the rules. Don't worry if your rivals pull ahead because their underhand methods will come back to haunt them.

♐ Sagittarius Nov. 23 - Dec. 21

The planets indicate there is much you can accomplish but it is unlikely you will get far on your own. Put aside your differences and focus on shared aims and ambitions.

♑ Capricorn Dec. 22 - Jan. 20

Some individuals are so full of their own importance that they think they can do or say anything and get away with it, but you know better. They will pay for their arrogance one day.

♒ Aquarius Jan. 21 - Feb. 19

Keep your ideas to yourself. If you let slip what you are planning you may lose out in a big way. You may be friendly by nature but in some situations it can be your undoing.

♓ Pisces Feb. 20 - March 20

It may seem as if certain factors are working against but there is no need to panic. The planets are making some situations seem tougher than they really are, so hang on in there — your luck will change soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



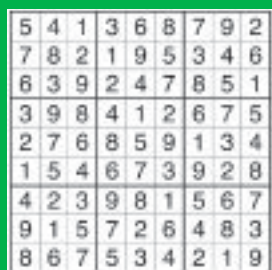
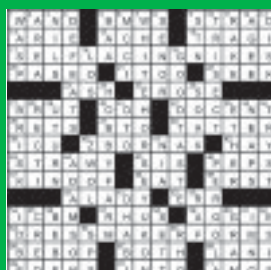
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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